



armaturepilates

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Introductory, Pre/Post-Natal and Spinal Strength

Starting Monday 16th January 2012

Introduction to Pilates

Gain an understanding of the Pilates Principles and core stability through a range of body positions such as lying down, sitting, standing and side lying. Suitable for beginners or those with a little bit of Pilates experience. Sessions introduce a new repertoire weekly.

- **Mondays 7.30pm**
- **Wednesdays 6.15pm**
- **Thursdays 6.15pm**

Pre/Post-Natal

This course caters to healthy pregnancies in all trimesters as well as postnatal women. Emphasis is on pelvis and hip stability and control, upper body strength and pelvic floor conditioning in positions suitable for pregnancy.

- **Saturdays 10.30am**

Spinal Strength & Stability

Suitable for all levels, this course is especially designed for clients with back injuries and post-natal issues. The focus is on lower back/pelvic stability, functional movement and spinal mobility using Pilates and related bodywork techniques.

- **Wednesdays 9.15am**
- **Thursdays 9.15am and 10.30am**
- **Fridays 9.15am and 10.30am**
- **Saturdays 11.45am**

Classes will run on Thursday 26th January (Australia Day)

Eight week courses are \$157. Each session is 70 minutes. Missed classes can be made up during the 8 week block, space permitting. Bookings and a deposit are required to secure a place and can be made by calling 9381 4044, in person or by emailing [**info@armaturepilates.com**](mailto:info@armaturepilates.com).